

ABSTRACT

Introduction: Insomnia is a sleep disorder with a difficulty of falling asleep and staying in that sleep that for a longer time, it may cause an other problem for example activity disfunction, hyperfatigue, until a cardiovascular disturbance. Insomnia may causes from many factor, one of the risk factor is an excessive caffeine consumption.

Objective: The aim of this study is to know about the influence of frequency of drinking coffee against the symptoms of insomnia for student with 19-25 years range.

Methods: This was an analitic study using questionnaire of sleep quality, sleep quantitiy, and the frequency of drinking coffee. There was 32 subject who join the research.

Results: There is no differences in sleep quality data on a group of coffee drinkers and non-coffee drinkers, the possibility of differences in sleep quantity of data on the non coffee drinkers and coffee drinkers, and the absence of any significant effect on the frequency of drinking coffee on the quantity and quality of sleep. 6 of 16 subject in coffee drinkers have a poor sleep quality and 9 of 16 subject coffee drinkers have a poor sleep quantitiy (<7 hours).

Conclusion: The frequency of drinking coffee for one week in a group allows coffee drinkers to not impact the quality and quantity of sleep.

Keywords: *insomnia, coffee, frequency, sleep, quantitiy of sleep, sleep duration, quality of sleep.*